

TIPS FOR SEASONING VEGETABLES

Vegetables can be made more appealing by using herbs, spices and other suggestions. Seasoning vegetables with herbs and spices reduces the need for added salt. Try the suggestions below to enhance the natural flavor of vegetables.

USE	TO SEASON
Allspice	Winter Squash, Sweet Potatoes
Basil	Cabbage, Carrots, Green Peas, Spinach, Tomatoes
Caraway	Beets, Cabbage, Cauliflower, Green Beans, Wax Beans, Zucchini
Cardamom	Winter Squash, Sweet Potatoes
Celery Seed	Cabbage, Carrots, Cauliflower, Celery, Sauerkraut, Tomatoes
Chili Powder	Corn, Tomatoes
Cinnamon	Beets, Carrots, Sweet Potatoes, Onions, Tomatoes
Curry	Cabbage, Celery, Lima Beans
Dill Seed	Beets, Cabbage, Carrots, Cauliflower, Celery, Green Beans, Green Peas, Wax Beans
Garlic Powder	Green Leafy Vegetables, Tomatoes
Lemon Juice	Green Leafy Vegetables, Broccoli, Cauliflower
Mace	Cauliflower
Marjoram	Broccoli, Carrots, Cauliflower, Green Peas, Spinach, Zucchini
Mint	Carrots, Green Peas, Spinach
Mustard Seed	Cabbage
Nutmeg	Celery, Spinach, Winter Squash
Onion Powder	Cabbage, Green Beans
Oregano	Green Peas, Tomatoes, Zucchini
Parsley	Tomatoes, Corn
Rosemary	Cauliflower, Spinach, Turnips
Sage	Green Beans, Onions, Tomatoes, Wax Beans
Tarragon	Cauliflower
Thyme	Carrots, Celery